



# Warekila Adult Mental Health Service

## Information for Referrers

### What is Warekila?

Warekila is voluntary adult mental health service for people with GP diagnosed mental illness aged 18 years and over and living in the Northern Sydney local government areas (LGAs).

Warekila provides the following types of support:

- Recovery Focused Mental Health intervention
- Peer Support
- Psychiatry Support
- Liaison with client's General Practitioners
- Liaison with community support network including families or significant others and other external service providers

The duration of care with Warekila is generally 12 months from the date of the initial assessment and aims to work concurrently with the client's existing treating team such as their local GP. The treatment aims to empower the client to independently manage their mental health and, if required, will be linked to external services upon discharge for continuity of care.

Warekila is a service that operates Monday to Friday between the hours of 9.00am to 5.00pm, excluding Public Holidays. After hours appointments are available for registered clients until 8:00pm by appointment only.

Warekila is a recovery focused ongoing mental health support program which does not operate as a crisis support service. Should the client find themselves in crisis outside of Warekila's operating hours, a list of two crisis support lines will be provided our Mental Health Clinician.

As a condition of acceptance to the Warekila Service, the client will agree to develop a Safety Plan which includes a next of kin or support person. This will be reviewed on a quarterly basis or as needed.

It is an expectation that the client will work collaboratively and respectfully with the Warekila team.

### The Warekila Team

Warekila consist of a multidisciplinary team of clinicians, including but not limited to psychologists, social workers and nurses. What is unique about Warekila is that we work in a team-based approach and therefore a client will meet several people on the team during their journey of recovery with Warekila in various combinations. Our clinicians provide intake/triage, assessment and recovery focused clinical care coordination and psychological interventions.

The Warekila Psychiatrist guides the Warekila multidisciplinary team and the treatment planning process. They also work alongside the GP to assist with the client's mental health management.

A Peer Coach is a person with lived experience of mental health concerns who aims to support a client's recovery journey. Peer workers at Warekila offer individual sessions that supports treatment and facilitate group sessions (when available) for social support. The opportunity to engage with a Peer Worker will be determined as the client moves through the service.

## Who is Eligible for the Warekila Adult Mental Health Service?

### Inclusion Criteria:

- Help-seeking and willing to engage in recovery focused therapeutic interventions and treatment plan
- Has a next of kin or emergency contact that they can provide to Warekila
- Be registered with a GP or be willing to be registered with a GP and preparedness to develop an ongoing partnership in health with your GP
- Living, studying, or working in the following local government areas (LGAs):
  - Hornsby
  - Hunters Hill
  - Ku-ring-gai
  - Lane Cove
  - Mosman
  - North Sydney
  - Northern Beaches
  - Ryde
  - Willoughby
- Aged 18 years and over, there is no ceiling for age on our service provision (unless otherwise determined more suitable for a youth or older person's-based service)
- A Step-up service for GPs for clients for a broad range of mental health presentations including:
  - For those unable to receive care from the MHTP or receive care from the private sector
  - The person is experiencing mental health issues which require more than GP, private psychiatry and/or mental health care plan.
- Step-down from the Community Mental Health Teams is on a case to case basis. These clients will also be required to be linked in with their GP
- Client's symptoms have led to a significant decline in functioning in society such as work, relationships or meaningful activities.
- Symptoms such as depression, anxiety, and emotional dysregulation with or without formal diagnosis and co morbidities
- Severe emotional distress or dysregulation
- Requiring Recovery focused therapeutic work

## Exclusion Criteria:

- A client who has not consented to a referral to our service
- Client has declined service or does not wish to engage with the service
- Already receiving a mental health service/s from Local Health District (LHD)
- Lives outside catchment area or soon to relocate
- Under 18 years of age
- Clients requiring urgent or crisis support
- Considered risk whilst actively experiencing suicidal thoughts/harm to others with plan and intent
- Considered risk of violence and aggression which precludes safe contact from our staff in community context
- Primary presenting issue being a neurodevelopmental disorder (e.g. ADHD, ASD, ID)
- More suitable “fit” for another service provider i.e. requiring specialist services
- Clients with duplication of services i.e. client is actively engaged with their own multidisciplinary team or private services
- Clients seeking psychiatry component of service only
- Clients presenting with Drug and Alcohol use, for example:
  - If AOD use is a primary issue – please refer client to AOD services
  - Clients with intravenous drug use, opiate use, amphetamine use
  - Clients with daily dependence on THC
  - Actively using illicit substances which significantly impede client’s mental health stability and prevent therapeutic engagement. Significant substance use has negative impact on ability to engage in recovery focused care. Warekila is not a specialist drug and alcohol support.

### **Please note:**

**Clients presenting with recreational THC use is accepted on a case by case basis. Client must have or be willing to engage with drug and alcohol services to work alongside Warekila for recovery focused mental health support and psychological interventions.**